



PELVIC exercises
professional pelvic health

The Top 10 Pelvic Floor Protection Principles

Good posture

Maintain the normal inward curve in your lower back during every exercise you do.

Pelvic floor

Activate your pelvic floor muscles prior to and during your resistance exercises.

Exhale

Breathe out with every effort. Never hold your breath or pull your stomach in strongly during your exercise.

Heavy lifting

Keep your resistance manageable. Never lift heavy weights that make you strain or inclined to hold your breath.



Abdominals

Brace abdominals gently. Avoid strong abdominal bracing and intense abdominal core strength exercises.

Start light

Start using very light resistance and pay attention to performing the exercise correctly to reduce your risk of injury.

Support

Sitting on an exercise ball while you exercise will support your pelvic floor and make it easier to feel those muscles working.

Recover

When you are very tired or unwell, take a break and return to resistance training when you have recovered.

Listen

Listen to your body when exercising. If your symptoms are worse with a specific exercise, modify it or leave it out of your program.

Rest

Rest for a couple of minutes between each set of exercises you perform. Give your muscles time to recover before your next lift.



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